



GUANG PING
YANG TAI CHI ASSOCIATION

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FROM YOUR PRESIDENT BY NICK D ANTONI

Conference Alert!

The 2002 Annual Conference is nearly upon us. Preparations are nearly complete and most of what remains to be done are all the myriad little details that can only be taken care of at the last moment. Once again it seems that we are on track for an outstanding event. A tremendous amount of rich material is being offered this year with more time to be better able to absorb new ideas and skills to incorporate into our practice and take home with us. And recent developments may lead to a special "surprise" workshop being included in the schedule.

Arrangements for 2003 are under way, and we will be announcing the dates and location of the 2003 conference at our general membership meeting on Saturday. The ball is merrily rolling along... except for one thing.

As I write this, the number of conference registrations we have received is well below the number we had by the same time last year. I and all the rest of the board members are worried by this fact. Each year, the conference seems to get better. The feedback from attendees has been overwhelmingly positive and we've worked hard to incorporate suggestions for improvement where possible. Yet it seems that this year, we may have difficulty reaching sufficient numbers to ensure that we cover our costs. Although the aim of the conference has always been to build community and share knowledge, we have always worked hard to ensure that the conference at least covered its own costs. Over the long haul, the association doesn't have the resources, financial and otherwise, to plan a conference any other way.

It may be late but there's still time to register online, and we will of course be accepting registrations at the door. I really do think that those of you who miss this year's conference will be passing up some truly unique opportunities for growth in your practice. So, I encourage you to please make every effort to attend - even if it may be a bit difficult to get there. You won't be disappointed with what you get back from the effort it may take to be in attendance.

CONVENTION 2003



Convention 2003 is well on it's way! By having our conference scheduled one year in advance will allow for you to arrange your schedule, save your pennies, and for us to plan great topics for the conference.

So, lets give you some of the basics. First, the 2003 Guang Ping Yang Tai Chi Convention is scheduled for September 26, 27, & 28, 2003 - Friday, Saturday, & Sunday. Two and one half days packed full of Tai Chi and internal workshops.

As promised, we will be on the east coast in 2003. We are

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PRIMORDIAL CHI GUNG

A GEM FROM THE TREASURE CHEST OF TAOIST MYSTICAL CHI GUNG

BY ROBERT BERGMAN

From the time of ancient man to present day civilization, we have been searching for the “Fountain of Youth.” The Chinese Taoist sages strove for ages to find the secret to immortality, developing methods they believed would help them to attain this state of being. The ability to maintain one’s youthful vitality, deepen one’s spiritual connection to nature, increase one’s physical and mental energy, prolong one’s life and attain “the eternal spring of youth,” has been a constant search by the greatest sages of the world. The esoteric systems the Taoist sages developed have lasted for four thousand years, and show signs of continuing on in perpetuity.

*Understanding others is knowledge,
Understanding oneself is enlightenment;
Conquering others is power, conquering oneself is strength.
Contentment is wealth; forceful conduct is willfulness;
Not losing oneself’s rightful place is to endure,
To die, but not be forgotten, is longevity.*

Tao Te Ching

One of these Taoist sages, the Immortal Chang San Fen, created a profound system of health and spiritual enhancement, Wu Ji Gung, or Primordial Chi Gung, that is beautiful in its simplicity and immeasurable depth. Primordial Chi Gung, a true gem from the treasure chest of Taoist mystical Chi Gung, was developed to assist the practitioner in achieving longevity, improving health and becoming one with the Tao. By regularly practicing the movements of the Primordial Chi Gung system one could maintain the healthy functions of the organs, cultivate and restore the natural balance of energy within the body and preserve the vitality of one’s youth. At the same time, the practitioner would increase his sensitivity, gain an awareness of the world around him and develop the ability to re-align himself with the universe by observing and integrating the elements of nature. The exercises lead the practitioner to the primordial state of pre-birth and cultivate the state of “Wu Ji” or Original Emptiness, and restore the natural balance and harmony between Heaven, Humanity and Earth.

The late Master Zhu Hui, from China, was the lineage holder of Primordial Chi Gung in a line that goes back to Chang San Fen himself. Master Zhu did not promote himself as a direct lineage holder, though he did convey that a Taoist sage, Master Taoist Li Tong, transmitted this system to him, and that Master Li had an unbroken lineage to Chang San Fen. Master Li requested Master Zhu to promote this unique system so that it would not be lost.

*Not exalting the gifted prevents quarreling.
Not collecting treasures prevents stealing.
Not seeing desirable things prevents confusion of the heart.*

Tao Te Ching

In his early youth, Master Zhu studied martial and healing arts at the reputable “Succinct Martial Arts Association,” learning traditional methods of healing (tui na massage, bone setting, acupressure, etc.) as well as classical martial arts systems. Master Zhu was selected to be on the Shanghai Martial Arts team, and later chosen to be a member of the prestigious National “Kuo Shu” Martial Arts team. After graduating from Ying Shi Medical College in 1949, Master Zhu became a licensed Chinese medical doctor. During the Cultural Revolution he traveled across China as a “Barefoot Doctor,” treating those in need. Master Zhu became gravely ill with hepatocirrhosis, and, after his doctors gave up on him, cured himself by practicing Chi Gung. In his later years, Master Zhu established the “Tian Ta Guo Qing” Chi Gung hospital and worked tirelessly, treating an amazing number of patients each day.

Master Zhu conducted Primordial Chi Gung workshops in the United States and taught a few dedicated practitioners who are now keeping the tradition alive by passing it on to their students. These few Masters teaching this rare and beautiful form of Chi Gung are our only connection left to this “gem” of Taoist mystical Chi Gung.

One such teacher who is dedicated to passing down the pure, authentic knowledge of the Primordial Chi Gung system is Sifu Donald Rubbo, President of the Paul D. Pickens II Research Foundation, in San Rafael, California. He is also Honorary Chairman, past president and current Board Member of the Guang Ping Yang Tai Chi Association. Sifu Rubbo began his extensive study of the martial and healing arts in 1969, studying with Kuo Lien Ying, Bing Gong, Dr. Xie Pei Qi, Dr. Yang Yuan-Jing and

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Master Zhu. A devoted student of Lama Lodu Rinpoche, Sifu Rubbo incorporates the essence of Buddhism, wisdom, compassion and loving kindness, into his teaching style.

Sifu Rubbo had the rare honor to meet and study with Master Zhu Hui, and developed a deep connection to and respect for this profound system, whose depths he feels are unlimited. Sifu Rubbo asked Master Zhu Hui, "What benefits can one derive from practicing Primordial Chi Gung?" Master Zhu Hui replied, "In my personal experience, I have developed the capability to see what ails you. But not only that, I have cultivated the wisdom and ability to heal you." This statement had a profound influence on Sifu Rubbo, and he was so inspired by Master Zhu he began teaching the "Wu Ji" system to his students. Master Zhu Hui recommended to Sifu Rubbo to practice a minimum of four sets per day, with each set taking between eight and twelve minutes to perform.

I had the opportunity to speak at length with Sifu Rubbo and he shared his deep insights and understanding of this profound practice in the following interview.

Robert: Sifu Rubbo, what can you tell us about Master Zhu Hui?

Sifu Rubbo: Master Zhu Hui was a kind, compassionate and wise man, and he had a gentle sense of humor. His smile made you feel uplifted; you felt good just being in his presence. He was the personification of the highest attributes of his profound arts.

Robert: Can you give us an explanation of Primordial Chi Gung?

Sifu Rubbo: In its construct Primordial Chi Gung can be viewed as a three dimensional physical mandala, encompassing all of the primary aspects of Taoist philosophy: the concepts of yin and yang, the trinity (heaven, earth and man), the Five Element theory of Traditional Chinese Medicine, the I Ching, the Bagua and the mystical aspects of numbers.

The Primordial Chi Gung system reflects the wisdom of the ancient Taoist sages and their theory of the birth of the universe. These concepts were based on their observations of nature, their perception of the alternating balance of energy of the primal forces (yin and yang) and the integral relationship between heaven, humanity and earth. The Taoist sages postulated that from the pre-birth state of Wu Ji (Original Emptiness) came the primal spark and from the primal spark, Tai Chi (Supreme Ultimate) was born. From Tai Chi, yin and yang manifested as opposing forces.

*The Tao that can be told is not the eternal Tao.
The name that can be named is not the eternal name.
The nameless is the beginning of heaven and earth.
The named is the mother of ten thousand things.*

Tao Te Ching

The trinity in Taoist philosophy refers to Heaven, Earth and Humanity. The attributes of Heaven are yang, creative, active and brightness, and of Earth are yin, receptive, yielding, absorbing and darkness. The human being is viewed as a microcosm of the universe, reflecting yin and yang principles and is expressed in male and female. From heaven humanity receives the energy of boundlessness and from earth we receive the energy of harmonizing.

Robert: Can you tell us how the Five Elements correspond to Primordial Chi Gung?

Sifu Rubbo: When you begin the form, you are standing at Center, which is ruled by the element Earth. Earth is the Center from which all the elements arise. The Earth is the ground underneath us, our foundation connecting us to the world around us and to the entire universe. It is nourishing, supportive and life-giving. The color associated with earth is yellow, and the season is late summer. The pathways of chi energy flowing from the earth correspond to the spleen (yin) and stomach (yang). The emotion harmful to the spleen is sympathy. Standing at Center and guiding the chi flow with your intention harmonizes the spleen.

The first direction you face is East, which is ruled by the element Wood. Wood symbolizes new growth, creative energy, expansion in all directions, budding and flowering. The color associated with Wood is green, and the season is spring. The pathways of chi energy flowing from the East correspond to the liver (yin) and the gallbladder (yang). The emotion harmful to the liver is anger. Facing East and guiding the chi flow with your intention harmonizes the liver.

To your left is North, which is ruled by the element Water. Water is fluid and flowing, it conforms to the shape of its vessel, and is essential to life. The color associated with Water is blue or black, and the season of Water is winter. The pathways of chi energy flowing from the north correspond to the kidney (yin) and bladder (yang). The emotion that harms the kidneys is fear. Facing North and guiding the chi flow with your intention harmonizes the kidneys.

To your back is West. The qualities of the ruling element Metal are substance, strength and structure, that which can be molded, hardening and condensing in the process. Minerals provide nutrients from the soil in which food is grown. The color associated with Metal is white, and the season is autumn. The pathways of chi energy flowing from the West correspond to the lung (yin) and colon (yang). The emotion harmful to the lungs is grief. Facing West and guiding the chi flow with your intention harmonizes the lungs.

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CONGRATULATIONS TO GOLD MEDALISTS
MARILYN MATHEWS & PATRICK BRADY SCORE BIG AT KUOSHU TOURNAMENT
WITH GUANG PING YANG TAI CHI

Marilyn Mathews represented by Peter Kwoks Kung Fu Academy, Emerson, New Jersey under the instruction of Master Randy Elia and Patrick Brady represented Little River Kung Fu School of Stroudsburg, Pa. under the directorship of Master Marilyn Cooper by competing in the 2002 International Kuoshu Tournament in Baltimore, Maryland. The tournament was hosted by The United States Chinese Kuoshu Federation (U.S.C.K.F.) and sanctioned by The World Kuoshu Federation.

Patrick competed in the Super Heavy Weight division of the full contact Lei Tai Platform fighting, which is fought on a 25'x25' platform 2.5 feet off the ground. If a combatant is forced off the platform 3 times in any one round a TKO is called. The three knockdown rule was also in affect. Junior Instructor Brady, 205 lb., fought against much larger and experienced competitors on his way to the finals where he defeated Sifu Phil Busler of the Pai Lum (White Dragon) Warriors under the directorship of Grand Master Glen Wilson. Patrick's first fight against Robert Earl Clark, Zhong Yi Kung Fu, ended in a unanimous decision with Patrick throwing Clark off the platform twice in each round. All of Patrick's opponents were thrown, kicked or hit off the Lei Tai Platform at least twice during their fights, except in his semi final bout with Sean Sharp.

The semifinals matched Brady against a tough 6'3", 335 lb. Sean Sharp, also a Pai Lum Warrior. Sharp is the first opponent ever to score a knockdown against Brady, and the only opponent Brady never knocked off the platform..

Patrick Brady, an avid student of Shao Lin and Guang Ping Yang Tai Chi, used a combination of Peng, Lu, and An in conjunction with Cai, Lie and Zhou and used all 5 directions to defeat his opponents, never loosing a round, on his way to Gold. If he was able employ a shoulder strike, Kao, Patrick would have used all 8 gates and completed the use of all of tai chi's thirteen postures (Taiji Quan Shi San Shi).

Patrick also employed some Xing Yi Pi Quan (metal), Zuan Quan (water), Beng Quan (wood), and Pao Quan (fire) for his close in fighting, and Shao Lin in his distance fighting. Brady fought out of Xing Yi's San Ti Shi stance.

Patrick's training for Lei Tai Fighting was under the direct tutelage of Master G. S. Torres, senior brother of Master Cooper under Grand Master Peter Kwok.

The 2002 International Kuoshu Championship Tournament had over 500 competitors representing more than a dozen countries from as far away as Taiwan.

Patrick Brady and Master Marilyn Cooper can be reached at littleliver@epix.net

Marilyn Mathews completed in the Advanced Guang Ping Yang Tai Chi Forms Division. Marilyn, a dedicated practioner, student, assistant instructor, and Guang Ping Yang Tai Chi Association Board Member, has scored another Gold Metal for her performance of the Guang Ping Yang Tai Chi Form.

Congratulations to both of you for the hard work and effort in your practice to help elevate Guang Ping Yang Tai Chi and the internals arts. Great Work!!

Tournament news reported by
Randy Elia and Gary Torres



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going to hold the convention at the Chateau Resort and Conference Center located in Tannersville, PA at Camelback.

To visit the Chateau online go to www.chateaursort.com.

This facility is situated in the mountains overlooking the ski slopes and trails of Camelback. This location is easy access for those driving in from the New Jersey, New York, New Hampshire, Massachusetts, etc... For those needing to fly in, you would fly into Lehigh Valley International Airport. To check flights, visit www.lvia.org.

So, mark your calendars now! Make plans to attend this conference and take advantage of all the workshops, sites, and attractions in the area.



NEWS ALERT FROM JOANNA SCHOON

We regretfully mourn the passing of two masters in the Tai Chi and Qigong Arts.

First, the Wen Wu School announced the loss of their Grandmaster Yang Mei Jun. Grandmaster Yang was the 27th generation lineage holder of Dayan Qigong, and the first to break from its 1700 year old tradition by openly sharing the benefits of Dayan Qigong through teaching widely in China. She passed away on July 23, 2002 at 1 PM (China time) at the age of 108 years. She went very peacefully without any suffering.

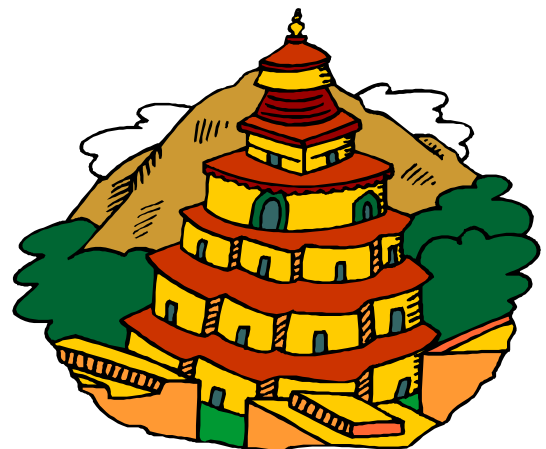
A memorial ceremony for Grandmaster Yang Mei Jun was held on Saturday August 3rd, 2002 at Wen Wu School in El Cerrito, led by Master Hui Liu, one of Grandmaster Yang's direct students and appointed teachers of Dayan Qigong. A smaller memorial will be held by Dayan practitioners at Irvine Valley College in Irvine, CA. on the same time and day.

Wen Wu School regrets the loss of our great teacher



Second, I just heard from my dear taiji friend Jimmy Silver, (a former student of Master T. T. Liang's) of the passing of his former taiji teacher. Master Liang was a student of the late, great Cheng Man-ching, and one of the early teachers of Taiji Quan in the United States.

Please join me in honoring Master Liang when you do your next taiji set.



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To your right is South, which is ruled by the element Fire. Fire creates warmth and light. It is vitality, energetic, luminous, and essential to life as well. The color associated with the element Fire is red, and the season is summer. The pathways of chi energy flowing from the south correspond to the heart (yin) and small intestine (yang). The emotion is joy or happiness. Facing South and guiding the chi flow with your intention harmonizes the heart.

Robert: Can you say a few words about the mystical aspects of the numbers?

Sifu Rubbo: The Primordial Chi Gung system contains the “Heavenly” and “Earthly” numerical combinations (Yang odd numbers 1 to 9, Yin even numbers 2 to 10) to extract the “magic” of their power. Particular attention is paid to the Ba Gua (the four directions and the four corners) and the number of repetitions of movements.

Robert: What are the components of the Primordial Chi Gung system?

Sifu Rubbo: There are two parts to this set, Part One “Rolling the Ball”, Part Two “The Old Dragon Washing Face.” The movements are slow and graceful, the practitioner remains in the center at all times, and the arms, hands, legs and feet are guiding in the energies from the four directions and the four corners (southeast, northeast, southwest and northwest) as the movements are being performed. An important point to remember is that the movements of the body originate in the dantien. The rotations are counter-clockwise, and it is as if the effects of time are being reversed, you are literally “turning back the hands of time”.

You are also reversing the seasons: you start the set in the Center, facing East, the season is Spring which symbolizes new beginnings, new growth. The element is Wood, and the energy of the East nourishes the liver. You transition into the direction of North, Winter is the season before spring, and symbolizes dormancy, storing energy for the new growth in spring. The element is Water, and the energy of the North nourishes the kidneys. Then you transition from North to West, from Water to Metal. Autumn is the season before Winter and symbolizes harvesting, gathering. The element is Metal, and the energy of the West nourishes the lungs. Transitioning to the South, the season before Autumn is Summer, which symbolizes full growth. The element is Fire, and the energy of the South nourishes the heart.

To begin the Primordial set, the practitioner stands in the center (the Earth point), faces East, and settles into the Wu Ji posture.

The Wu Ji posture: The feet should be parallel, shoulder-width apart. Soften the knees by bending them slightly. The knees should be over the center of the foot. Tuck the pelvis by relaxing it, and then rolling it gently under. Draw the chin in and raise the crown of the head, the sensation should be as if you have a string attached to the crown of your head and you are being suspended from that string. Gently place the tip of the tongue on the roof of the mouth, just behind the teeth, and re-

lease any tension in the tongue. The eyes are gazing gently to the horizon and the hands are approximately two inches away from the body, palms facing your thighs at the seams of your pants. The breath, both on inhalation and exhalation, should be without tension, long, deep, even, smooth, and silent.

Slowly allowing the mind to quiet, find the Primordial state of awareness. In my experience, I have found that it is very difficult for a Westerner to conceptualize this “State of Emptiness”, and I believe that this is due to the vast amount of external influences that we are subjected to in our culture. There is one very simple method that I have found to be truly effective in guiding one to the empty state, and that is the contemplation of the time and space before one was born.

Thirty spokes share the wheel's hub;

It is the center hole that makes it useful.

Shape clay into a vessel;

It is the space within that makes it useful.

Cut doors and windows for a room;

It is the holes which make it useful.

Therefore profit comes from what is there;

Usefulness from what is not there.

Tao Te Ching

Part One: “Rolling the Ball”

From the state of Emptiness, Awareness arises: from this meditative state your mind gives birth to a thought, and from this birth comes Tai Chi, the separation, from inaction to action, from stillness to movement. From the dantien (the Earthly aspect of the body) allow the lower torso to sink down, allow the crown of the head to rise (the Heavenly aspect) and raise the arms to heart level (the human aspect of the body), harmonizing Heaven, Earth and Man. Draw the left palm to heart level, the right palm to the dantien, “holding the ball.” The next moves divide the energy of heaven and earth, to the right and then to the left. Coming back to center, extend the ball away from you and discard all negative energies. Replace this with the fresh energy of the direction you are facing by returning the ball, “Out with the old, in with the new.

Turn the ball to the right, to the left, and then back to the right. The hands, when holding the ball, form a mudra (mystical hand position) of Heaven and Earth. The index and thumb alignments of the right and left hand form the square which represents Earth, and the hollowed palms, with the laogong points facing each other, form the sphere which represents Heaven. The next movement, “Rolling the ball” has many profound aspects to it, two of which are harmonizing Heaven and Earth and absorbing the energies of the directions. Transition from the East to the North, from Wood to Water, and “Roll the Ball.” Transition from the North to the West, from Water to Metal, and “Roll the Ball.” Transition from the West to the South, from Metal to Fire, and “Roll the Ball.” Gather the energy, again uniting Heaven and Earth, and transition back to the beginning, the East, and begin Part Two.

Part Two: “The Old Dragon Washing Face”

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T'AI CHI AROUND THE WWORLD

BY NICK D'ANTONI

This is the second, in what I originally announced as a series of thirteen, themed installments each focusing on one of the eight fundamental jin and the five basic steps. However, yesterday, as I was riding my bike home from a lunch date thinking about how I was once again going to be getting this to our ever patient editor at the last minute, a larger realization dawned on me. At our present rate of publication, four issues per year, it would take me more than three years to complete this series, sticking to the original plan. Okay, I know among its many benefits the discipline of practicing t'ai chi is supposed to help us develop patience. But it suddenly seemed that a three-year long series in the newsletter just might be stretching it a bit, and I decided to pick up the pace. So, this month I have listed sites with content related to Lu Jin, Ji Jin and An Jin as well.

As usual, I'm not making any editorial statement of support for the pages listed here, and there are many more sites available than I have listed. If I can encourage you to explore a little on your own then I've accomplished what I set out to do. ENJOY!

Peng, Lu, Ji, An Sequence

<http://alumnus.caltech.edu/~tec/taijiquan/otherclips.html>

This takes you to a digest of a lengthy online discussion of the peng, lu, ji, an sequence and "Guidelines for the Practice of Taijiquan". It appears to have been developed as part of a listserv discussion. Looks very interesting.

Glossary

<http://www.taijichinesemedicine.com/glossary.htm>

Lists a number of glossary definitions from the USA Hunyuan Taiji Academy.

Gilman Studio Online Lessons: Lesson 5, Movement #4 - Roll Back (Lu Jin)

www.gilmanstudio.com/OnLine_Class/Lesson05.htm

A page from a series of lessons teaching the Yang Style Long Form.

Gilman Studio Online Lessons: Lesson 10, Four Important Points and Movement #9 - Stork Spreads Its Wings

www.gilmanstudio.com/OnLine_Class/Lesson10.htm

Another in the series of online lessons from Michael Gilman in which Lu Jin is featured.

Beginner's Guide to Taijiquan

<http://www.sixharmonies.org/pages/Taijiquan.htm>

A starting place to connect to many other resources that includes a brief basic discussion of the four basic jin, as well as some other basic definitions, lineage information, and a list of "Yang Cheng Fu's Ten Important Points."

Tai Chi Chuan Revelations - Extracts

<http://www.taichiwl.demon.co.uk/revelations/extracts.htm>

This page has information about a new book by Grandmaster Ip Tai Tak, Tai Chi Chuan Revelations: Principles and Concepts, published in the U.K. by Tai Chi Worldwide Limited. The link takes you to a series of extracts summarizing the main sections of the book and their contents, which include all the jin.

Romel's School of Taijiquan & Dim Mak - Video Page

www.pressurepointfighting.com/public_html/dim_mak_taiji_video.htm

A page with links to a large number of video clips demonstrating different applications, push hands techniques, etc.

Chen Shi Taiji JiJiFa (Applications of Chen Style TaijiQuan)

chansigong.quizk.com/jijiyongfa.htm

Briefly discusses an application of the Chen style movement "Buddha Warrior Pound the Mortar" and shows how one might move from application of peng jin to lu jin depending on the movements of one's opponent.

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From the centered Wu Ji posture, divide the energy of heaven and earth, and then “Wash the Body,” bringing in the energy from the corners, repeating for a total of 10 times. Transition through to the rest of the directions, repeating the sequence, and end facing South. Wash the dantien for a total of 10 times. Gather, uniting the energy of Heaven and Earth and store it in your dantien. Bring your arms to your side and settle into the Wu Ji state. You then begin Part One again, facing South. Perform the Primordial Chi Gung set for a total of four times each part, alternating Part One and Part Two. After the fourth repetition of Part Two you will be facing East, returning to the beginning.

Robert: What is special about Primordial Chi Gung?

Sifu Rubbo: In its simplicity Primordial Chi Gung covers the full range of Taoist theory and philosophy in this beautiful set of movements. It begins with emptiness, and from that emptiness is born yin and yang. Practicing this form brings harmony to Heaven, Earth and Man as you move through all of the directions of the Ba Gua, balancing the elements, and reversing the seasons. You are returning back to the beginning. It can be seen as a mystical rebirth, a continuation of the cycle.

The Tao is an empty vessel;

It is used but never filled.

O, unfathomable source of ten thousand things!

Blunt the sharpness, untangle the knot, soften the glare, merge with dust

O, hidden deep, but ever present!

I do not know from whence it comes, it is the forefathers of the emperors.

Tao Te Ching

Robert: What is the best way to learn Primordial Chi Gung?

Sifu Rubbo: From my point of view, all high-level chi gung is taught by transmission from a qualified teacher.

Robert: How is Primordial Chi Gung different from other forms of chi gung?

Sifu Rubbo: This form of chi gung is a complete system unto itself, one can attain the highest levels of realization practicing just this form.

Robert: What level of practitioner can benefit from this system?

Sifu Rubbo: All levels of practitioners can benefit. It will help if practitioners have a sense of their own energy bodies so that they can use their intention to control and guide their energies.

Robert: Are there any people who should not practice this system?

Sifu Rubbo: Skeptics, people who do not have an open heart or mind should avoid practicing mystical forms; it can lead them to further obstacles. They should start with externals and build an awareness of their mind/body connection.

Robert: Could someone experience any complications from practicing Primordial Chi Gung, and can it be done at any phase of life?

Sifu Rubbo: Because this system has such gentle movements, there are no precautions needed when performing Primordial Chi Gung. We have students who are in wheelchairs practicing this system; I have found that it is accessible to all. For seniors, this form can help with memory issues, due to the fact that they have to keep track of where they are while counting the repetitions of the sequences. This helps to keep the brain active. For balance issues, the weight shifting is excellent for stimulating and strengthening the muscle/nerve response.

Robert: Will this form of chi gung help to stabilize emotions?

Sifu Rubbo: When one becomes still and empty, there are no thoughts, when there are no thoughts, there can be no emotions. When you are concentrating on counting and keeping track of your position and direction, you can't concern yourself with erratic emotions. So this allows the body and the mind a resting place. Mind you, it will take time to develop the ability to focus this way; with perseverance you will get there. An untrained mind can be like a wild horse: If you are on the back of a wild horse, the horse is going to take you where it wants to go, perhaps to unwanted pastures. A trained mind, on the other hand, is like guiding the horse to your intended destination. I have found that Primordial Chi Gung is an excellent vehicle for training the mind.

Robert: How long does it take to become proficient?

Sifu Rubbo: That depends on the practitioner, and their karma with the practice. It is the journey, not the destination, that is

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Push-Hands

www.hunyuantaiji.com/Hunyuan%20System/pushhands.htm

As it would imply by the title, this page contains a discussion of the practice of Push-Hands. It's on the Hunyuan Taiji site and includes the list of sequence of several variations of structured push-hands exercises.

The True "wai rou nei gang" (Externally Soft and Internally Hard)

www.geocities.com/Eureka/4189/hong-v33-2.html

Another Chen style resource with good discussion of various jins. Although much of this is devoted to the importance placed by Grandmaster Hong on peng-jin, there is also, both directly and indirectly, mention of lu-jin.

OTHER SITES OF INTEREST:

Kung Fu Magazine's "ezine" version

ezine.kungfumagazine.com/magazine/article.php?article=176

This is the electronic table of contents for the Winter 1993 edition of the magazine which includes an article "Tai Chi Chuan (Taijiquan) Lu Jin: The Pull Back Energy" by Sifu Gene

Chen. Check out the cover photo of this edition. Does that man look familiar? Yup.

GPYTCA Honorary Chairman, Master Y. C. Chiang is the lead article, featured in this edition for his Fukien White Crane teaching. The link at the bottom of the page will lead you on to some of the articles from the magazine.

Don't forget to visit GPYTCA's own web site where you can check out what our webmaster has been up to and see the latest and the greatest that we've got to offer. Remember, it's easy to register online for the 2002 Conference. On the website you can join or renew your membership in the association, and you can also order your 2001 conference videotapes!

www.guangpingyang.org

ATTENTION MEMBERS!

If you have a website, then be sure you are listed on the "*Guang Ping Links*" page of the association website, please send me your URL. I can use all the help I can get finding y'all! As always you can send me your comments and suggestions via e-mail at:

ndantoni@charter.net

or by post

Nick D'Antoni
962 Hobson St.

Walla Walla, WA 99362-2479.

See you next time!



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of greater value. Take joy in the practice, and there will be success and your practice will bear fruit.

Robert: What have you, personally, gotten from this practice?

Sifu Rubbo: I have developed a deeper connection to and a greater understanding of the Taoist principles and have cultivated more sensitivity. I've noticed that because the laogong points of my palms pass in front of the point between my eyebrows, which is where the pituitary gland is located, my intuitive abilities have increased. I find that I am able to see more clearly the subtle energy bodies of others. This, in turn, becomes a great diagnostic tool in the treatment of individuals who come to see me. Practicing this form brings me great joy. When my wife and I practice this set with our students, we create a synergy, a beautiful undulating grace. The expanding and absorbing aspect of chi is truly tangible. It is an experience that is almost beyond words; we seem to touch the very edges of the universe.

Donald Rubbo lives with his wife Cheryl Lynne Rubbo and their son Julian in San Rafael, California. He teaches internal healing and martial arts locally and internationally. He is currently working on his first books, "Long Life Exercises," and "Primordial Chi Gung." Class and workshop information is available from www.cultivatechi.com.



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The editors reserve the right to edit any material or article submitted for publication.

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Well, the 2002 Annual Guang Ping Yang Tai Chi Convention is slowly creeping in on us and will be here before you know it. So, let's give you some miscellaneous details regarding this years conference.

First, it is never too late to register to attend. There is space still available for you to register for this years workshop.

If scheduling is still up in the air, well there is always the last minute registration at the door. We will be starting to take walk - in registrations on Thursday from 5:00 - 7:30 pm. Also, we will have the registration table open on Friday from 7:00 - 8:00 AM, 9:00 - 10:30AM, and 3:30 - 5:30 PM on Friday so you can still catch the first session and breakfast, having time to attend all of the workshops.

Second, don't forget you can attend just for one day either on Friday or Saturday. Our registration table will be open on Saturday from 7:00 - 8:30 AM and 9:00 - 10:00 AM if you are coming in just for Saturday.

Third, a late comer, Henry Look has graciously agreed to give his Judges Seminar and Certification Course for all those advanced students and teachers who are interested in becoming a certified judge for internal arts. This program is the same one he gives at the International Kuo Shu Tournament in Baltimore, MD. and has given in the past at other tournaments. If you are interested in becoming a judge, this is the conference and workshop to attend.

Mission Statement Guang Ping Yang Tai Chi Association

To promote, perpetuate, develop interest in, and preserve the quality of Guang Ping Yang style T'ai Chi Chuan throughout the world, and to provide support for research and education in Guang Ping Yang T'ai Chi in honor of the memory of Sifu Kuo Lien Ying, who brought Guang Ping to the United States, and in commemoration of his unselfish sharing of his many skills.



Conference 2002 Update

CALENDAR OF EVENTS

Date: September 23 - 30, 2002

Place: Honolulu, HI

Information: PO Box 2378, Shingle Springs, CA., 95682-9998, phone (530) 676-5665, email look@cwnet.com

Description: Master Look will offer a week of intensive training in Guang Ping Yang Style Tai Chi, Hsing Yi, Pa Kua, and Tai Chi Weapons.

Date: October 12 & 13, 2002

Place: Albuquerque, NM

Information: PO Box 2378, Shingle Springs, CA., 95682-9998, phone (530) 676-5665, email look@cwnet.com

Description: A weekend seminar focusing on Guang Ping Yang Style Tai Chi and Hsing Yi Chuan.

Date: September 28 & 29, 2002 1:00 - 5:00 pm both days.

Contact Information: Donald Rubbo, Five Tigers Call (415) 456-9095 to register

Description: Primordial Chi Gung Intensive \$120.00

Primordial Chi Gung, also known as Tai Chi Chi Gung, is a very elegant and powerful system, and is one of the primary forms of Chi Gung taught by Donald & Cheryl Lynne Rubbo. It was created by Zhang San-feng, who also created the original Tai Chi Thirteen Movements. By bringing one's mind and body to the original, or Primordial, state one is reversing the effects of time and achieving balance in body, mind and spirit. The movements incorporate yin and yang aspects, harmonizing with nature and cultivating one's life-force energy

In addition, the following workshops will be offered by Don Rubbo of Five Tigers.

Chi Cultivation and Internal Applications Workshop
October 12, 2002 1:00 - 4:00 pm \$50

Learn the secrets of cultivating Internal Power for martial and healing application from Donald and Cheryl Lynne Rubbo. You will become aware of the natural rhythm of your mind, body and spirit as you become relaxed, focused and connected to the energies of the earth, the environment and the heavens.

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Henry Look Certifies Randy Sugawara the title of "Sifu" By Ann Miyamura

SHINGLE SPRINGS, CA. (Sierra Nevada foothills, near Sacramento, CA.) - Internal Martial Arts Grandmaster Henry Look held a special private ceremony to bestow upon Randy Sugawara the title of "Sifu" Sugawara, who is a psychologist, has been training with Look for more than 10 years, mastering the 3 Internal Martial Arts of Guang Ping Tai Chi Chuan, Hsing-I and Ba Gua Chang. In the past 5 years, Sugawara has been a regional and national Internal Martial Arts forms champion, winning numerous gold medals in Tai Chi Chuan forms (including Tai Chi weapons) and Hsing-I-Chuan. Two years ago, after winning the Regional Championship in Berkeley, California, the National Taiji Legacy Championship in Dallas, Texas, and the International Kuoshu Kung-fu Championship in Baltimore, Maryland, Grandmaster Look proudly retired him from competition, allowing him to dedicate his skills and expertise to helping other students. Since his retirement from competition, Sugawara has been invited as an Internal Martial Arts judge at regional, national, and international competitions.



The certification ceremony was witnessed by Randy's proud family and friends, which included his mother, Grace, and siblings. Special VIPs also present were Choy Lay Fut Grandmaster Tat Mao Wong (from San Francisco) and his wife Susan and son Keen. Sifu Doug Corpolongo from Albuquerque, New Mexico was also in attendance, as were Randy's martial arts brothers and sisters, and many of his students from South San Francisco.

The ceremony began with Randy's expression of thanks to Sifu Look for his patience and guidance in training in the Internal Martial Arts, followed by the traditional tea ceremony. Sugawara was then sworn in, and was presented with the ceremonial sword and certificate, acknowledging his title as "Sifu Randy Sugawara."

Family, friends, and students all enjoyed an elaborate wine and sushi reception following the certification ceremony offering congratulations to Grandmaster Look and Sifu Sugawara. It was the

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Rubbo Chi Cultivation and Internal Applications Workshop

October 12, 2002 1:00 - 4:00 pm \$50

Learn the secrets of cultivating Internal Power for martial and healing application from Donald and Cheryl Lynne Rubbo. You will become aware of the natural rhythm of your mind, body and spirit as you become relaxed, focused and connected to the energies of the earth, the environment and the heavens.

Rubbo Chi Cultivation and Internal Applications Workshop

November 16, 2002 1:00 - 4:00 pm \$50

Learn the secrets of cultivating Internal Power for martial and healing application from Donald and Cheryl Lynne Rubbo. You will become aware of the natural rhythm of your mind, body and spirit as you become relaxed, focused and connected to the energies of the earth, the environment and the heavens.

Rubbo Chi Cultivation Workshop for Beginners

November 23, 2002 1:00 - 4:00 pm \$50

Chi : Energy, Life Force. **Gung** : Practice, Cultivate, Refine. **Chi Gung** : To cultivate, develop and refine through practice one's Vitality or Life Force. Restore and maintain your good health and increase your energy! Loosen and strengthen the body. Includes posture, breath work and meditation.

(Continued from page 11)

ideal opportunity to begin and cultivate friendships with other students of the Internal Martial Arts. After most of the guests had departed, the cool evening breeze and twinkling stars above the distant hills encouraged the remaining few to retire to the outdoor deck to continue the celebration. With wine glasses in hand, Grandmaster Look and Sifu Sugawara passed the evening by savoring the taste of high quality cigars (from Sifu Doug Corpolongo).

Grandmaster Look spoke words of wisdom to his students, reminding them to always strive to learn, and to never become complacent and content with the level of skill one has attained. Whether a novice, advanced student, or even a Sifu (such as himself), the most important aspect is the desire to continue to learn and grow as a martial artist and also as a person.



GUANG PING
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SINGLE WHIP
(TAN PIEN)